



| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|------------------------------|--------------------------------|------------------------------|---|------------------------------|--|------------------------------|--|------------------------------|
| 2 | Sodium (mg): Na ⁺ | 3 | Sodium (mg): Na ⁺ | 4 | Sodium (mg): Na ⁺ | 5 | Sodium (mg): Na ⁺ | 6 | Sodium (mg): Na ⁺ |
| White Chicken Chili | 121 | Sloppy Joe | 221 | Caribbean Chicken | 381 | Braised Beef | 241 | BBQ Pork Rib | 410 |
| White/Brown Rice | 36 | Hash Brown | 136 | Pineapple Rice | 35 | Egg Noodles | 35 | Baked Beans | 36 |
| California Blend | 27 | Green Beans | 3 | Zucchini/Sum. Squash | 77 | Broccoli Florets | 26 | Country Blend | 32 |
| WW Bread | 160 | WW Bun | 230 | Multigrain Bread | 190 | Oatmeal Bread | 121 | Dark Rye Bread | 300 |
| Peaches | 5 | Apricots | 4 | Brownie | 132 | Banana | | Mandarin Oranges | 6 |
| | | | | Diet: Graham Wafer | 85 | | | | |
| Total Sodium: 349 | | Total Sodium: 595 | | Total Sodium: 815 | | Total Sodium: 425 | | Total Sodium: 785 | |
| Calories: 363 Carbs: 60 | | Calories: 487 Carbs: 68 | | Calories: 592 Carbs: 82 | | Calories: 618 Carbs: 73 | | Calories: 502 Carbs: 74 | |
| 9 Columbus Day | | 10 A | | 11 A | | 12 A | | 13 A | |
| For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance. | | Minestrone Soup | 239 | Meatloaf with | 240 | Turkey w/ | 360 | Potato Pollock | 150 |
| | | Cheese Lasagna w/ Tomato Sauce | 359 | Onion Gravy | 110 | Rosemary Gravy | 124 | Tartar Sauce | 261 |
| | | Italian Green Beans | 3 | Mashed Potatoes | 62 | Whipped Sweet Potato | 33 | Parsley Mash. Potato | 62 |
| | | WW Roll | 160 | Asparagus | 77 | Peas & Portobello | 133 | Brussel Sprouts | 12 |
| | | Applesauce | 20 | Oatmeal Bread | 121 | Mushrooms | | Dinner Roll | 160 |
| | | | | Tapioca Pudding | 130 | Multigrain Bread | 190 | Mixed Fruit | 10 |
| | | | | Diet: Diet Pudding | 110 | Pineapple | 1 | | |
| | | Total Sodium: 836 | | Total Sodium: 741 | | Total Sodium: 841 | | Total Sodium: 655 | |
| | | Calories: 492 Carbs: 80 | | Calories: 517 Carbs: 75 | | Calories: 510 Carbs: 81 | | Calories: 624 Carbs: 89 | |
| 16 B | | 17 B | | 18 B | | 19 B | | 20 B | |
| Beef & Pepper Casserole | 293 | Mac n' Cheese | 403 | Potato Leek Soup | 131 | Hot Dog | *550 | "Catch of the Day" | 250 |
| Cauliflower Supreme | 15 | Escaloped Tomatoes | 143 | Honey Mustard Chicken | 481 | Mustard Packet | 55 | Lemon Dill Sauce | 111 |
| Honey Wheat Roll | 65 | Peas & Mushrooms | 133 | Tuscan Vegetables | 56 | Potato Wedges | 27 | Mashed Potatoes | 62 |
| Cinnamon Apples | 4 | WW Roll | 160 | Oatmeal Roll | 121 | Cabbage & Carrots | 47 | Zucchini & Red Peppers | 39 |
| | | Mixed Fruit Cup | 10 | Applesauce | 20 | Hot Dog Roll | 210 | Multigrain Bread | 190 |
| | | | | | | Peaches | 5 | Chocolate Chip Cookie | 171 |
| | | | | | | | | Diet: Lorna Doone's | 85 |
| Total Sodium: 377 | | Total Sodium: 849 | | Total Sodium: 808 | | Total Sodium: 894 | | Total Sodium: 823 | |
| Calories: 349 Carbs: 46 | | Calories: 684 Carbs: 95 | | Calories: 484 Carbs: 68 | | Calories: 611 Carbs: 67 | | Calories: 691 Carbs: 97 | |
| 23 A | | 24 A | | 25 A | | 26 A | | 27 A | |
| Chicken Piccata | 424 | Seafood Salad | *507 | Roast Pork w/ Gravy and Pearl Onions | 192 | Meatball Sub | 245 | Turkey Pot Pie | 221 |
| Florentine Rice | 112 | Italian Pasta Salad | 58 | Garlic Mash. Potatoes | 62 | Potato Wedges | 27 | Mashed Potatoes | 62 |
| Italian Blend | 26 | Beet Salad | 173 | Butternut Squash | 13 | Tuscan Vegetables | 56 | Biscuit | 340 |
| Scali Bread | 190 | WW Bulkie Roll | 160 | Oatmeal Bread | 121 | Mini Sub Roll | 162 | Raisins | 4 |
| Applesauce | 20 | Mixed Fruit | 10 | Mini Key Lime Pie | 209 | Low Sugar Jell-O | 1 | | |
| | | | | Diet: Low Sugar Cake | 210 | | | | |
| Total Sodium: 772 | | Total Sodium: 908 | | Total Sodium: 596 | | Total Sodium: 491 | | Total Sodium: 627 | |
| Calories: 416 Carbs: 54 | | Calories: 483 Carbs: 74 | | Calories: 741 Carbs: 107 | | Calories: 471 Carbs: 58 | | Calories: 621 Carbs: 90 | |
| 30 B | | 31 B | | We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk. | | All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium | | Come Join Us On Tuesdays for our Ethnic Meal Series!  | |
| Pasta Bolognese | 164 | Tossed Salad w/ Dressing | 124 | | | | | | |
| Fall Blend Vegetables | 15 | Beef & Broccoli | 108 | | | | | | |
| WW Roll | 160 | Asian Rice | 92 | | | | | | |
| Apple | 2 | Oatmeal Roll | 121 | | | | | | |
| | | Halloween Dessert | 209 | | | | | | |
| | | Diet: Low Sugar Cake | 210 | | | | | | |
| Total Sodium: 340 | | Total Sodium: 653 | | | | | | | |
| Calories: 538 Carbs: 77 | | Calories: 688 Carbs: 71 | | | | | | | |

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium
"Catch of the Day" will vary based on availability : Menu is subject to change without notice

Your voluntary \$2 donation today, provides more meals tomorrow.